

## Waukesha County Nutrition Coalition Minutes

September 23, 2014

**Attendees:** Wendy Banicki, Brittany Hansen-Hebron House; Regina Estrada- Blessings in a Backpack/Waukesha Co Moms; Barbara Jacob, Joan Reichelt- New Berlin Food Pantry; Jessica Linstrom- The Salvation Army; Mike Glasgow, Michelle Bertram-ADRC; Brittany Straley-Addiction Resource Council; Karen Tredwell, Judy Cesarec- Food Pantry of Waukesha County; Todd Marshall- Hope Center; Mary Jo Michels- WIC; Rachel Zuniga- Hispanic Health Resource Center-ProHealth Care; Kristal De La Paz- Waukesha County Community Dental Clinic; Pam Matthews- St Vincent De Paul; Jill Herz, Abby Demler, Jan Skell-UWEX; Mary Reich- Lake Area Free Clinic

**Welcome, Introductions:** Michelle Bertram

**Advisory Committee/20-year Anniversary Celebration Update:** Abby Demler

Our next Coalition meeting will be the 20-year anniversary celebration on Oct 28<sup>th</sup> from 8-10 at Easter Seals in Waukesha near the airport at the corner of Airport Rd (just west of Hwy J) and Northview. This event will mark WCNC's 20 years as a coalition and celebrate the completion of the SNAP Challenge that begins on October 1<sup>st</sup>. The SNAP Challenge is a 3-day challenge challenging participants to live on a FoodShare budget (approximately \$3.89 per day for an individual or \$8.00 per day for a family of four). Participants will include local celebrities. The Oct 1<sup>st</sup> kickoff will take place at the Meadowbrook Sentry in Waukesha at 10 am, where participants will shop for their groceries with the goal of creating balanced, nutritious meals. Promotion of the event will include press releases, Facebook, Twitter. Julianne Davan will conduct video interviews of the participants after the SNAP challenge, which will be shared at the October 28<sup>th</sup> Celebration event. The Advisory Committee will be meeting on Thursday 9/25 at 9am in the Administration Center Room G55 to discuss progress on these plans.

**Presenter:** Mary Reich, Executive Director – Lake Area Free Clinic, 856 Armour Rd. Suite B Oconomowoc, WI 53066  
Website: [www.lakeareafreeclinic.org](http://www.lakeareafreeclinic.org). Phone: 262-569-4990. The Lake Area Free Clinic is an independent free medical clinic serving uninsured individuals at or below 200% of the Federal Poverty Level in Waukesha County. The clinic provides access to medication, labs, and x-rays at no charge. The clinic provides services addressing both acute and chronic conditions (cardiology, GYN, orthopedics, diabetes, mental health) and also provides referrals to specialty services. Open 2 evenings per week (Tuesday and Thursday) from 4:00-7:00 pm on a walk-in basis, no appointment necessary. Funding for the clinic solely comes from grants and donations. Aurora Summit and ProHealth provide the labs and xrays. Patient Assistance Programs have provided \$35,000-40,000 a month worth of medications for uninsured patients. BadgerCare has helped improve numbers of insured families and individuals, but Lake Area Free Clinic still registers 30 clients per month for their services. In 2013, they saw 11,000 unduplicated patients during 5,500 visits. Forty percent of patients are from Oconomowoc, 30% from Waukesha, and the rest live in the remainder of the county.

Agency Updates:

**UWEX, Jan Skell**—The Healthy Food Donation Checklist is nearly complete. The checklist was developed as part of a 2-year Waukesha Diabetes Grant (DW3T). Healthier food donations was identified as an important need due to difficulty in meeting dietary needs when facing chronic disease and relying on Food Pantry donations. The checklist will be ready on October 1<sup>st</sup>. We encourage everyone to share it for use in food drives and promote it on websites and on Social Media. There are six checklist templates, so pantries and agencies can choose the style that works best for their agency. They can also customize the back of the flyer citing specific needs of their agency. There will be a Poverty Simulation on October 8<sup>th</sup> from 5:30-7:30 pm at St Paul's Lutheran Church in Oconomowoc. Volunteers are needed! Please let us know if you are willing to volunteer.

**St. Vincent De Paul, Pam Matthews**— On October 14<sup>th</sup>, will be holding a workshop at Hope Center to help people in poverty build resources. This summer, St Vincent De Paul served 95-100 bagged lunches per day throughout the summer behind Saratoga STEM academy.

**Addiction Resource Council, Brittany Straley**—Have been approved for federal SAMHSA grant which will provide funds for 5 years. Will be conducting a safe beverage training for convenience stores which will discourage underage kids' access to alcoholic beverages.

**Hispanic Community Health and Resource Center, Rachel Zuniga**—Looking to hire a new staff member. Currently working on training individuals to provide diabetes programs. Will be at Community Health Fair in Mukwonago on

Saturday Nov. 8<sup>th</sup> from 9:00am-12:00pm. The fair will be held at the Mukwonago Food Pantry and Resource Center, 225 Eagle Lake Ave, Mukwonago. There will be healthy snack samples, a children's area, multiple health education displays, and free screenings.

**Hebron House**, Wendy Banicki—Will be offering 8 additional units of supportive housing on Summit. A major issue for this winter is that no site has been identified for men's overflow shelter. Currently considering ideas such as basement at Jeremy house. There has not been a strong community response to this issue; action will be necessary to ensure that those in need will have housing during the cold months.

**The Salvation Army**, Jessica Linstrom – October 1<sup>st</sup> begins Salvation Army's Christmas season. Christmas Assistance applications will be available until the Wednesday before Thanksgiving for assistance with coats and toys.

**Hope Center**, Todd Marshall- Starting November 1<sup>st</sup>, offering Breakfast and Lunch on Saturdays. Loaves and Fishes will provide early dinner on Sundays until March.

**Food Pantry of Waukesha County**, Judy Cesarec, Karen Tredwell – Food Pantry of Waukesha County was selected as recipient of Large Nonprofit of the Year award. Celebration will be on October 29<sup>th</sup>—additional information available on Facebook. Food Pantry of Waukesha County has 314 volunteers that have contributed to this impact. Currently working with a UW-Waukesha professor and students to identify gaps in community hunger relief; conducting surveys that will help to assess these needs.

**Blessings in a Backpack**, Regina Estrada – First Blessings in a Backpack day was last week; Dan Vrakas and Mayor Reilly helped to fill backpacks. Have now partnered with Roundy's instead of Sam's Club. Roundy's is able to sell food to Blessings in a Backpack at their cost, which is much less expensive. This has allowed for the addition of raisins and fruit salad to the backpacks. Currently filling backpacks for students at Hadfield, Banting, and Lowell elementary schools totaling around 600 children. On October 10<sup>th</sup>, will be holding a "Bridge the Gap" Gala fundraiser at the Sharon Lynne Wilson Center for the Arts. Will include cocktails, food, and entertainment including a local band and artist featured on America's Got Talent. For more information, go to [blessingsinabackpack.org](http://blessingsinabackpack.org). Regina will be on TMJ4's Morning Blend to discuss Blessings in a Backpack and the gala.

**Waukesha County Community Dental Clinic**, Kristal De La Paz—Offering a sealant program next week at Blair Elementary. Will provide exams and sealants on teeth and will provide referrals to clinic if notice any decay. Waukesha County Community Dental Clinic can provide comprehensive dental services to pregnant women and kids. Adults need a referral for emergency care; also take Badgercare for emergency but not ongoing care for adults. Able to make referrals for orthodontic work, extractions, and adult cleanings (at WCTC). Will be holding a fundraiser on October 23<sup>rd</sup> at Carroll University's Stackner Ballroom that will include Comedy Sportz, silent auction, and hors d'oeuvres.

**ADRC**, Mike Glasgow, Michelle Bertram—Home-delivered meal participants increasing. Have gone from 80 to 140 clients, creating a crisis for volunteer drivers. If you are aware of anyone willing to be a volunteer driver at lunchtime for any days Monday-Friday, please share this info and have them contact ADRC. ADRC is going through some staffing changes due to retirements. New issue of ADRC newsletter was shared and is also available on Waukesha County website.

**New Berlin Food Pantry**, Joan Reichelt, Barb Jacob—Quiet summer, gearing up for fall and the holidays. Recently provided 80 kids with backpacks and food supplies.

**UWEX**, Jill Herz—Nutrition Education Program (WNEP) will provide 4 lessons in each K-5 classroom in 6 elementary schools this year. Getting ready for our first lesson which will be on healthy snacking and food safety. Have begun a nutrition texting pilot program with parents of elementary school children at Hadfield School. Messages will average 2 per week and be short nutrition and family tips. Currently have 21 enrolled in the texting program but are hoping to increase enrollment in the coming weeks.

**REMINDER: Next meeting will be at a DIFFERENT LOCATION and TIME for Waukesha County Nutrition Coalition's 20<sup>th</sup> Anniversary Celebration.** Date: October 28, 2014, 8-10 AM; Location: Easter Seals (on Northview Rd, across from the airport). Come celebrate 20 years of WCNC, learn the results of the SNAP Challenge, and enjoy some breakfast!